DOCUMENT RESUME

ED 421 829 EC 306 589

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TITLE	Play Therapy for Severe Psychological Trauma. [Videotape]
ISBN	ISBN-1-57230-333-6
PUB DATE	1998-00-00
NOTE	0p.
AVAILABLE FROM	Guilford Publications, Inc., 72 Spring Street, New York, NY 10012; World Wide Web: http://www.guilford.com (video and accompanying manual, $95).
PUB TYPE	Non-Print Media (100)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Child Abuse; Child Behavior; *Disability Identification; *Emotional Disturbances; Evaluation Methods; *Outcomes of Treatment; Play; *Play Therapy; Posttraumatic Stress Disorder; *Symptoms (Individual Disorders)
IDENTIFIERS	Dissociation

ABSTRACT

In this 36-minute educational video, a play and family therapist elucidates the nature of trauma, how to recognize it clinically, and how to manage its powerful effects upon children's development with the use of specific play materials and techniques. With a reenacted clinical interview, footage from an actual play therapy session, and a detailed discussion of dissociation and other symptoms associated with posttraumatic stress disorder, information is provided on: (1) how play therapy can help resolve traumatic events; (2) what dissociation looks like in children's paintings and drawings; (3) why dissociation occurs and how it can be addressed in therapy; (4) the distinctive characteristics of posttraumatic play; and (5) concrete ways to intervene when repetitive or ritualized play becomes harmful. A companion manual amplifies themes presented in the video, including definitions and types of child abuse, the continuum of impact of abuse, symptomatology, assessment, theoretical approaches, resilience, environmental factors and systemic responses, individual responses to trauma, trauma's link to dissociation, posttraumatic stress disorder, play therapy, phases of treatment, and obstacles or impasses. The manual also provides resource lists for students and practitioners. (Contains 31 references.) (Author/CR)

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